

ABSTRAK

ANALISIS EFEK PERILAKU MEROKOK TERHADAP KADAR VITAMIN D PADA PASIEN KLINIK CAKRA MEDIKA BEKASI 2023

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Latar Belakang: Vitamin D merupakan salah satu jenis vitamin larut lemak prohormon yang juga dikenal dengan nama kalsiferol. Merokok dapat mempengaruhi metabolisme vitamin D dalam banyak cara, seperti mempengaruhi indra penciuman dan rasa makanan sehingga menurunkan asupan vitamin D, serta mempengaruhi sintesis, hidroksilasi, dan katabolisme vitamin D dalam tubuh. Penelitian ini bertujuan menganalisis hubungan antara dua variabel yaitu efek perilaku merokok terhadap kadar vitamin D pada pasien Klinik Cakra Medika Bekasi 2023.

Metode: Desain penelitian ini adalah *cross-sectional*. Penelitian dilakukan pada bulan Desember 2023 menggunakan data sekunder yaitu rekam medis pasien yang melakukan pemeriksaan kadar vitamin D di Klinik Cakra Medika Bekasi 2023. Sampel yang digunakan adalah 346 sampel dengan metode total *sampling*. Data dianalisis menggunakan uji *Chi-square*.

Hasil: Pada analisis bivariat antara variabel perilaku merokok dengan kadar vitamin D didapatkan *p-value*, yaitu 0,365 ($p > 0,05$) dan *odds ratio* (OR) sebesar 0,591.

Kesimpulan: Tidak terdapat hubungan antara efek perilaku merokok terhadap kadar vitamin D pada pasien Klinik Cakra Medika Bekasi 2023. Namun, perlu dilakukan penelitian lebih lanjut untuk menggali faktor-faktor lain yang dapat mempengaruhi defisiensi kadar vitamin D dalam tubuh dengan menggunakan data primer.

Kata Kunci: Vitamin D, defisiensi, rokok, dan perilaku merokok.

ABSTRACT

ANALYSIS OF THE EFFECTS OF SMOKING BEHAVIOR ON VITAMIN D LEVELS IN PATIENTS OF THE CAKRA MEDIKA CLINIC BEKASI 2023

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Background: Vitamin D is a type of prohormone fat-soluble vitamin which is also known as calciferol. Smoking behavior can reduce an individual's health status, one of which is vitamin D deficiency. Smoking can affect vitamin D metabolism in many ways, such as affecting the sense of smell and taste of food thereby reducing vitamin D intake, as well as affecting the synthesis, hydroxylation and catabolism of vitamin D in the body. This study aimed to analyze the relationship between the effects of smoking behavior on vitamin D levels in Cakra Medika Bekasi Clinic patients for the period September 2023.

Method: The design of this study was cross-sectional. This study was conducted in December 2023 using secondary data namely the medical records of patients who had their vitamin D levels checked at the Cakra Medika Clinic Bekasi 2023. The sample used was 346 samples using the total sampling method. Data were analyzed using the Chi-square test.

Results: Based on the results of this study, in the bivariate analysis between the variables of smoking behavior and vitamin D levels was obtained a result of p-value was 0.365 ($p > 0.05$) and odds ratio was (OR) of 0.591.

Conclusion: There was no relationship between the effect of smoking behavior on vitamin D levels in Cakra Medika Bekasi Clinic patients for the period September 2023. However, further research needs to be carried out to explore other factors that can influence deficiency of vitamin D levels in the body using primary data.

Keywords: Vitamin D, deficiency, cigarettes, and smoking behavior.